

Abstract

Title: Analysis of cross country skier's practice coefficients and its impact on his endurance.

Objectives: The main goal of the research is to evaluate and analyze an athletic preparation of a cross country skier in younger junior and older junior category and its impact on their endurance

Methods: The case study, in which we use the analysis method and comparison method to evaluate actual practice the athletic preparation of two competitors.

Results: After the evaluation of an athletic preparation based on a comparison between training coefficients of two chosen competitors and recommended coefficients for given age categories, we found out that the competitors do not meet the recommended values. Those values have provably positive impact on their endurance. Another finding shows that even though the plan from a coach is not progressive, competitors have good results in their competitions.

Keywords: Cross-country skiing, sport training, annual training cycle